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THE BIG SCREEN** {page 8}



OTTAWA

metro®

Monday, September 26, 2011
www.metronews.ca



News worth sharing.

Fallen officers honoured

► Canadian Police and Peace Officers' Memorial Service celebrated since 1978 — the year after Ottawa Const. David Kirkwood was killed ► Tradition grown into a national memorial day

A two-gun salute broke the calm, somber mood on Parliament Hill yesterday as families of fallen officers gathered to remember their sacrifices.

"We simply cannot quantify the magnitude of their sacrifices and today this ceremony reminds us of how much we owe to them," said Gov. Gen. David Johnston on Parliament Hill yesterday. "We have the regrettable task of adding new names to the honour roll."

One officer added to the list is RCMP Const. Michael Bernard Potvin. Born in Ottawa on Aug. 4, 1983, Potvin was posted to the M Division in the Yukon Territory in 2009.

While on duty he drowned in the Stewart River in Mayo, Yukon on July 13, 2010 at age 26. Potvin is survived by his wife, Allison, and his son Jack, who was born after Potvin died.

Other fallen officers given a special tribute were Sûreté de Québec Const. Sébastien Coghlan-Goyette, Toronto Police Sgt. Ryan Joseph Russell, and York Regional Police Const. Garrett Styles. ● JOE LOFARO



► Members of the Waterloo Regional Police Ceremonial Band lead part of the procession as it leaves Parliament Hill yesterday following the 34th Annual Canadian Police and Peace Officers' Memorial Service.

Oilsands

Preparing for battle

► Oilsands protesters in Ottawa get ready for a showdown with the federal government
► Activists receive tips on handling authorities on Parliament Hill {page 4}

Bad mom?

Family expert talks about controversial new book on Sarah Palin {page 12}



Given the right to vote

Women in Saudi Arabia will be able to vote in 2015 for the first time in history {page 5}

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Grape. Stomp



► Mayor Jim Watson, left, holds up grapes while he and MPP Yasir Naqvi join in the annual Grape Stomp competition. Inset: What the politicians were standing in.

SEAN MCKIBBON/METRO

Politicos get their feet dirty for a good cause

The 15th annual Grape Stomp capped the La Vendemmia Italian food and wine festival in Little Italy yesterday. The annual relay race benefit for the Ottawa Regional Cancer Foundation drew 25 teams and raised close to \$20,000 for local research and treatment relating to lung cancer.

1

news


A group wants the federal government to investigate Dick Cheney, who will be in Vancouver today as part of his book tour. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

An increasingly gloomy economic outlook is dragging down commodity prices, and that's bad news for the TSX. Video at metronews.ca

Archdiocese won't call off cops

► Considers tightening policies after alleged financial irregularities at church, monsignor says



JESSICA SMITH
@METRONEWS.CA

One after another, parishioners at Blessed Sacrament Church lined up at a microphone in the basement of their church yesterday and asked the archdiocese to drop its police complaint about the church's finances and expastor Father Joe LeClair.

Vicar General Msgr. Kevin Beach, speaking on behalf of the archdiocese, said that is not going to happen.

Beach held a townhall style question-and-answer

meeting for parishioners after Sunday mass. He told the approximately 200 parishioners present that after the Ottawa Citizen published a story about LeClair and financial irregularities at the church, the archdiocese paid for an independent audit of the church, which led to the police complaint. The church is more than \$40,000 in debt and has run a deficit for four of the last five years.

"We realized we did not have the professional experience or the investigative powers to answer

the questions that are still open," Beach said when parishioners asked why police were asked to investigate.

Parishioners were vocal throughout the meeting, clapping at praise of LeClair and booing any mention of media. Many complained the archdiocese had lacked oversight of the church's finances, failed to support LeClair and mishandled its communications about the allegations.

"I would have loved to hear the first words out of His Excellency's mouth," said parishioner Chris

"This decision was not taken lightly."

MSGR. KEVIN BEACH, ON THE QUESTION OF WHY THE ARCHDIOCESE HAS ASKED POLICE TO INVESTIGATE IRREGULARITIES IN THE PARISH FINANCES

McGuire. "They should have been words about Father Joe that he knew were true, he was an amazing pastor ... As opposed to framing it out of the gate as a money issue, the gambling issue."

While LeClair has admitted to having a gambling problem and sought treatment for it, he has denied taking money

from the church.

Some parishioners said they care more about LeClair's work revitalizing the church than the parish's debt.

"He was the most dynamic priest in the diocese, bar none, and that includes you and all other priests and bishops who have been here," said parishioner Conrad Rock. "This parish was dying."

Beach said the archdiocese does not know the name of anyone, parishioner or not, who has come forward with a formal complaint about the finances at the church.



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Space-junk hoax makes headlines

**JEREMY NOLAIS
IN CALGARY**

Borrowing from a staged radio drama bought by many, a Calgary filmmaker perpetrated a space-junk hoax that sparked worldwide attention over the weekend.

Sebastian Salazar was watching his Twitter feed fill with discussion of NASA's dying Upper At-

mosphere Research Satellite (UARS) shortly before midnight Friday.

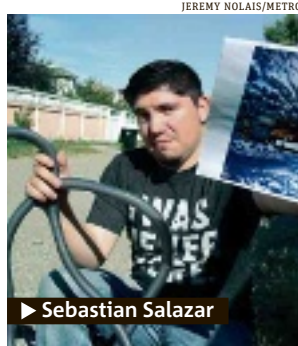
An anomaly over Okotoks, Alta., on one weather image sparked speculation that debris from the 6.5-tonne craft could land in the city south of Calgary.

One particular tweet expressing fear that aliens could be living in the satellite caught Salazar's atten-

tion, reminding him of Orson Welles' fake 1938 radio broadcast War of the Worlds, which led many to believe aliens had landed.

He pulled transcripts from the broadcast and began tweeting them out as live events occurring on a farm in the Okotoks area.

"People weren't even checking for legitimacy anymore," Salazar said.



► Sebastian Salazar

Oilsands protesters prepare for battle

► Demonstrators receive tips on how to handle confrontation with authorities on Parliament Hill

Protesters were already filing into Ottawa yesterday for a showdown with the federal government over its support for the oilsands and a plan to build a giant pipeline from Alberta to Texas.

After the high-profile arrest of celebrities and about a thousand activists in Washington last month for their attempts to stop approval of the Keystone XL pipeline, Greenpeace and other groups hope to gain similar notoriety in Canada with a civil disobedience protest on Parliament Hill today.

"What we see ahead is a catastrophe....," said Rosemarie Whalley, from Montreal. **THE CANADIAN PRESS**

Stars to attend

Stars such as Gordon Pinsent, musician David Biddi and indigenous celebrity Tantoo Cardinal are expected.

► Already the plans for a sit-in have had a polarizing effect, with both Prime Minister Stephen Harper and Natural Resources Minister Joe Oliver making a point of defending the pipeline late last week.

► Environmentalists, as well as First Nations people who live in areas where the pipeline would travel, fear that spills would lead to irreversible damage.



► In this Aug. 30, 2011 file photo, actress Daryl Hannah is arrested by U.S. Park Police during a Keystone XL Pipeline protest in front of the White House in Washington.

News in pictures

PHOTOS
1. TROY FLEECE/THE CANADIAN PRESS
2. COURTESY OF VALERIE PARISH
3. DARRYL DYCK/THE CANADIAN PRESS



1



2

3

1 Jack Layton, left, with Canadian actor Kiefer Sutherland and a life-sized statue of Sutherland's grandfather Tommy Douglas by sculptor Lea Vivot in 2010. Vivot is planning three different bronze statues of Jack Layton. **THE CANADIAN PRESS**

2 Lacombe, Alta., chihuahua Duke's back legs were paralyzed after being attacked by a coyote last year. Owner Valerie Parish's husband constructed a device that has helped Duke to wheel around. **● METRO**

3 Canadians should have ideal viewing weather in October to take in the changing colours of the leaves, says the country's leading climatologist. Environment Canada's David Phillips says warm days and cool crisp nights are ahead for people who want to take in a feast for the eyes. **THE CANADIAN PRESS**



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Mass grave found in Libya

Libyan officials have discovered a mass grave containing the remains of 1,200 inmates killed by the regime of Moammar Gadhafi in a 1996 prison massacre.

A military spokesman and members of a committee tasked with finding mass graves said they were confident the field outside the walls of the notorious Abu Salim prison holds the remains of the prison-massacre victims based on information from ex-regime officials who have been captured in the fight against the authoritarian leader.

THE ASSOCIATED PRESS

The grave

- Excavation has not begun, although bone fragments and pieces of clothing were found.
- Soldiers and relatives sifted through sand yesterday, to display pants and other remains to reporters.

Saudi women get right to vote

► Women can vote, run as candidates for first time in history ► Reforms seen as giant step toward equality

Saudi King Abdullah announced yesterday that the nation's women will gain the right to vote and run as candidates in local elections to be held in 2015, in a major advancement for the rights of women in the deeply conservative Muslim kingdom.

In an annual speech before his advisory assembly, or Shura Council, the Saudi monarch said he ordered the step after consulting with the nation's top religious clerics, whose advice carries great weight in the kingdom.

"We refuse to marginalize the role of women in Saudi society and in every aspect, within the rules of



► In this file photo, Saudi women attend the traditional Arda dance.

Sharia," Abdullah said, referring to the Islamic law that governs many aspects of life in the kingdom.

The kingdom's great oil wealth and generous handouts to citizens have largely

insulated it from the unrest sweeping the Arab world. But the king has taken steps to quiet rumblings of discontent that largely centred on the eastern oil-producing region populated by the country's Shiite Muslim minority.

Abdullah said the changes announced yesterday would also allow women to be appointed to the Shura Council, the advisory body selected by the king that is currently all male.

The kingdom will hold its next municipal elections on Thursday, but women will not be able to vote or run in those contests.

THE ASSOCIATED PRESS

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PHOTO CREDIT: SIMON LUNN

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GROUND'S FOR APPEAL

A public meeting presented by the Friends of Lansdowne

Tim Plumptre
Founder, Institute on Governance

Ian Lee
Professor, Sprott School of Business

Steven Shrybman
Lawyer, Sack Goldblatt Mitchell

Question period to follow

Monday, September 26
Lansdowne Park
7:30pm

Assembly Room A
Civic Centre
Lansdowne Park

Free
All are welcome

WWW.LETSGETITRIGHT.CA

TRANSIT RIDERS DESERVED LESS SPIN

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



It's been a bumpy three weeks on the buses as riders have absorbed the delays, crowding and general confusion wrought by that \$20 million hit to service, and efforts to sell the changes to the public may have actually made things worse. The spin was heavy from the beginning. When OC Transpo introduced the route cuts earlier this year, they were careful to call them anything but cuts. Instead of such potentially upsetting (and accurate) terminology, we got weasel-speak like "network optimization."

To underscore the necessity of pruning nearly 100 routes, the city made dire projections that transit, already the second most expensive item on property tax bills after schools, would eat an ever-growing share of the budget. Without these cuts — sorry, optimizations

"But judging from the volume of complaints reported by city councillors from their constituents since the schedules changed, either we seven percenters are a very vocal group of transit riders or that number was a little overcooked."

— OC Transpo alone, we were told, would require a five per cent hike in taxes, or \$145 million, by 2016. But while assured these measures were absolutely vital, we were also told that 93 per cent of riders wouldn't notice the difference.

I don't know about you, but I noticed on Day 1, when instead of catching my bus in the downtown core, I had to hike to the Rideau Centre. No big deal, I thought. Somebody's got to be in that unlucky seven per cent.

But judging from the volume of complaints reported by city councillors from their constituents since the schedules changed, either we seven percenters are a very vocal group of transit riders or that number was a little overcooked.

If so few people were likely to be inconvenienced, after all, OC Transpo's "Check Your Route" campaign, complete with recorded messages on the buses warning us of major changes, supposedly directed at a mere seven per cent of ridership, would hardly have been needed.

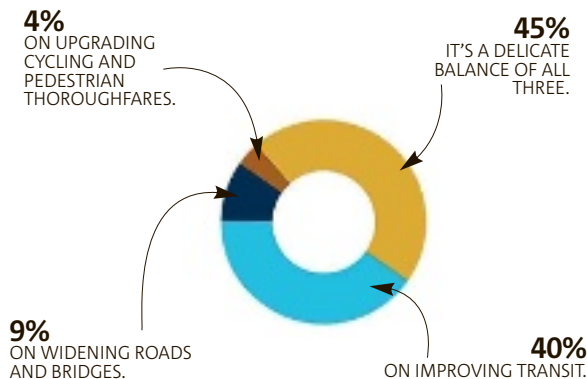
To Transpo's credit, they've listened to the complaints, and plan to reverse some of the more bone-headed cuts, notably the 106 service to the Ottawa Hospital's General Campus. Less to their credit, however, they didn't anticipate that cutting bus service to a hospital might cause big problems for people who already have enough to worry about.

While this willingness to admit and correct error is encouraging, more honest communication from the beginning could have helped us avoid some of the current frustration. Telling riders that 93 per cent of them weren't going to be affected by the biggest schedule shakeup in Transpo's history raised expectations that couldn't be met.



Register at
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and take the quick poll

How is money best spent when addressing traffic congestion?



Final. Bullfight



► Bullfighter Jose Tomas performs during the last bullfight at the La Monumental yesterday in Barcelona. Starting today, Metro will select a photo from around the world and publish it in this space.

DAVID RAMOS/GETTY IMAGES

Photo of the day

Matadors drove killing swords into bulls for the last time in Spain's region of Catalonia in an emotional farewell fight before a regional ban on the country's emblematic tradition takes effect.

Don't have a condom? You could try this

On the occasion of World Contraception Day, Metro sat down with Prof. Robert Jütte, author of the book *Contraception: A history*, to talk about the history of contraception.

Egyptian style. "In ancient Egypt, crocodile dung was used as a pessary. It sounds weird and revolting,

but now we know that it's not as crazy as one might think as some of the ingredients change the pH value in the vagina to create a bad environment for the sperm."

Smooth condoms. "The first undisputed description of the condom — done by 16th-century Italian physician Gabriele Falloppio — mentioned it was made of cloth. This type did not feel very sensitive at all. In comparison, for a very smooth condom material, animal intestines or a fish's air bladder were used."

Ancient Rome. "Believe it or not, people did wear amulets like they do talismans as a means of contraception. Worn around the neck, these amulets contained ingredients we would describe as complete nonsense for a contraceptive."

Myths. "I once read in a British opinion poll that some women thought that by simply closing your eyes you can avoid conception. Other old-lady 'recipes' include washing after intercourse."

● METRO WORLD NEWS

Governor defends economic reform

► Carney says issue is one of demand, not supply
► U.S. considered the most resistant to 'new rules'

ADRIAN WYLD/THE CANADIAN PRESS

Canada's Mark Carney waded into the touchy and controversial issues facing the American financial system yesterday, dismissing concerns — or excuses — about banking reform.

Speaking at a financial convention in Washington, the Bank of Canada governor gave a spirited defence of new international rules, and chided resisters as mis-conceived or fatalistic.

He noted that such thinking led to abuses and excessive risk-taking that resulted in the recent collapse of the system, leading to a global recession still haunting economies



► Bank of Canada Governor Mark Carney

today.

Carney's speech to the Institute of International Finance follows two days of meetings in which global policy-makers grappled with the recession's consequences and sought measures to prevent another.

Canada, along with the U.S. and some non-euro-zone countries, applied pressure on European leaders to commit to an expanded emergency fund.

Carney suggested the fund should be about one trillion euros, more than twice the commitment. He added that it should not be forgotten what got the world into such a mess.

"Indeed, at a time when the conviction of policy-makers across a range of issues is being called into question, there appears to be little value in feeding this concern."

THE CANADIAN PRESS

Wall Street protest continues

TINA FINEBERG/THE ASSOCIATED PRESS

About 80 people were arrested Saturday as demonstrators, camped out near the New York Stock Exchange, marched through lower Manhattan, police said.

The "Occupy Wall Street" demonstrators said they were protesting against bank bailouts and the mortgage crisis; some



► Protesters in New York City on Saturday.

also held signs decrying Georgia's execution of Troy Davis, who was put to death

last Wednesday for the 1989 slaying of an off-duty Savannah police officer.





Some of the arrests were filmed and activists posted online. Police say the arrests were mostly for blocking traffic. Protest spokesman Patrick Bruner criticized the police response as "exceedingly violent."

THE ASSOCIATED PRESS

Merchant fights for asbestos

An asbestos merchant, Baljit Chadha, is headed to Parliament Hill this week to fight back after Canada's asbestos sector has recently absorbed a public-relations pummeling, both here and abroad. The Quebec govern-

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 99.64 (11,462.87)	- 0.19¢ (97.14¢ US)	- \$2.10 US (\$78.41 US)	\$3.72 (+ 2.0¢) Gold contracts \$1,639.80 (- \$101.9)

ment will decide by Oct. 1 whether to help Chadha save one of Canada's last

two asbestos mines, in the town of Asbestos.

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2 scene

Box office



Studio estimates Sunday put Walt Disney's *The Lion King* reissue at No. 1 again with \$22.1 million. That puts it just ahead of *Moneyball*, which opened at No. 2 with \$20.6 million. Debuting closely behind at No. 3 was *Dolphin Tale* with \$20.3 million.

THE ASSOCIATED PRESS



Malkovich says playing aging Siberian mobster in U.S.-Italian movie was 'delightful.'



► Comedian Russell Peters co-stars in *Breakaway*.

Peters dares to dream

► Comedian Russell Peters takes on the big screen in *Breakaway* ► Film about an Indo-Canadian hockey team a broader story of a regular guy with a dream



STEVE GOW

SCENE@METRONEWS.CA

Russell Peters may have mastered the comedy stage by selling out concerts (including Madison Square Gardens) around the globe but conquering Hollywood has taken a bit longer.

"The challenge for me has been getting the right roles," explained the Toronto native recently. "I've been offered a ton of (movie parts) but do I want to play the 7-11 guy or the

taxi guy? Hence my movie career has been slower than most."

Things may be changing for the man who has sold hundreds of thousands of his comedy DVDs. Now co-starring in this Friday's release of *Breakaway*, Peters has found his place in what's likely the first-ever film about an Indo-Canadian hockey team.

"I'd like to say that I was the seed for (*Breakaway*) because I used to do a joke about an all-Indian hockey

Life of laughs

Why Russell Peters will never quit stand-up comedy:

► "Stand-up comedy is not one of those things you choose to do, it chooses you. If I have time off, my immediate reaction is I need to get on stage — it doesn't matter where it is."

team," said Peters. "I used

to do a joke about the Toronto Maple Sikhs and (writer and star Vinay Virmani) even told me that's what gave him the idea for writing this film."

It's an obvious point of pride for Peters, even if playing Canada's national sport isn't. "I can't stand the game," said Peters. "There's a whole generation of Indo-Canadians that grew up loving hockey. I would go out and say I'm very much in the minority for not liking hockey."

Instead, Peters offers that he related to the film's central story about a striving first-generation Sikh athlete who must deal with issues of family and identity in discovering his life's ambition.

"It's really about the immigrant experience," said Peters. "But it's the same story for every first generationer. And even if you're not a first-generation immigrant family, you can still relate to it — it's about a guy with a dream."



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Lindsay's dating dramas start up

- ▶ Actress is reportedly seeing a New York hotel magnate
- ▶ Rumour has it that she and his wife haven't really hit it off

Lindsay Lohan is reportedly clashing with her rumoured new boyfriend's estranged wife, according to the New York Post.

Lohan is said to be dating New York hotel magnate Vikram Chatwal and even staying at his house, though she was reportedly instructed to make herself scarce before Chatwal's wife, Priya Sachdev, got back to town.

A miffed Lohan then reportedly confronted Chat-

wal at a dinner he was hosting at his hotel.

"Priya was very dignified, but Lindsay was so rude," a source tells the newspaper.

"She acted as if she'd had no idea Vikram was married and tried to make it clear that Vikram was her friend. Others had to step in to calm things down."

Lohan's rep insists the two are not romantically involved.

● METRO



ALL PHOTOS GETTY IMAGES

Celebrity tweets



I'm at LAX for flight to Minneapolis. Noisy, busy and irritating. And so is the airport. Oy.



@CraigyFerg

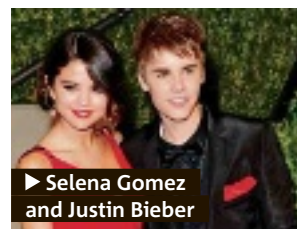
@MissKelly0

only my dad would text me at 11pm to go get him some 'strong coffee beans' where the hell do i get strong coffee beans at 11pm! & why???



The Biebs is a real Casanova

Justin Bieber knows how to wow a lady. After catching a concert by Demi Lovato with girlfriend Selena Gomez at L.A.'s Nokia Theater, the Canadian pop star brought Gomez next door to the Staples Center, where they watched Titanic — with the whole arena to themselves, according to People magazine. But renting the place out for the night didn't cost Bieber a dime, as the Staples Center's managers were



▶ Selena Gomez and Justin Bieber

grateful to Bieber for previously selling out the venue three times. "Romance isn't dead," the singer posted to Twitter the day of the date. "Treat your lady right, fellas." ● METRO

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China.....1.9 ¢/min	Israel.....1.9 ¢/min	Poland.....1.9 ¢/min	U.A.E.....14.9 ¢/min		
Colombia.....from 3.9 ¢/min	Italy.....1.9 ¢/min	Russia.....from 1.9 ¢/min	U.K.....2.9 ¢/min		
Cuba.....89.9 ¢/min	Lebanon.....7.9 ¢/min	Serbia.....7.9 ¢/min			
El Salvador.....9.9 ¢/min	Mexico.....from 1.9 ¢/min	South Korea.....2.9 ¢/min			

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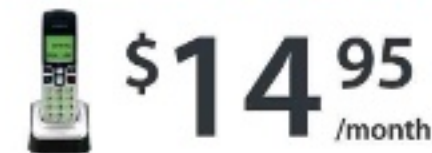
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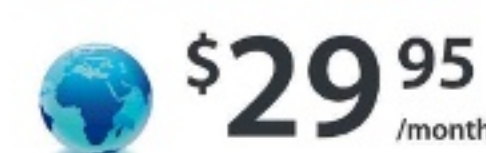
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3
life

Out, I say



Stains are inevitable, whether it's a red wine spill on a crisp white shirt or grass stains on your child's freshly washed jeans. The good news is there are tips and tricks to getting even the toughest stains out like red wine, grass and blood the first time.

- **DON'T** — Rub the stain. This will cause the stain to penetrate further into the fabric.

- **DO** — Dampen the stain using only cold water. For blood stains gently place salt onto the area and fold the stain letting the salt absorb. When the blood is nearly gone, launder in cold water with a detergent that works in cold water.

NEWS CANADA



Patients would have a 'medical home' under system envisioned by family doctors

Is Sarah Palin a bad mom?

▶ A new book alleges so
▶ Parenting expert Tanith Carey shares what moms should do if they're faced with similar situations



GETTY IMAGES

The Rogue, a controversial new book by journalist Joe McGinniss, paints Sarah Palin, the former Alaskan governor, as a coke-snorting, sexually loose harri-dan. It's unflattering, especially for a mother of five.

We shared some of the most-headline-making accusations with Tanith Carey, a family expert, journalist and author of *Where Has My Little Girl Gone?* Moms out there might find themselves in similar situations. What should they do?

Palin may have done drugs in the past

The book alleges Palin snorted cocaine off an oil drum during a snowmobiling trip.

SAYS CAREY: "If you did take drugs, explain they always carry the danger that they can make you behave in a way that is out of control, could earn you a criminal record or ruin your career. They also carry the risk of addiction. Explain why and how you made the decision to stop taking them — and make it clear what your attitude is to them now."

She may have had an affair while married

... allegedly with her husband's business partner, although all parties have denied this.

SAYS CAREY: "Children have keen antennae and it's very

likely they have already guessed there is something wrong, so be honest. Don't try and justify it — or get them to see your partner as the villain. Expect to face a lot of anger if you are the person who cheated in a marriage, as kids will see it as an abandonment of them, as well as your spouse. But keep them talking."

She may have been sexually promiscuous

... allegedly with Miami Heat basketball star Glen Rice.

SAYS CAREY: "If you are asked about your sexual history, the best policy is to be truthful and tell them about your own experiences in an age appropriate way. But also underline how important sex is at its best as part of a meaningful long-term relationship. Explain that it's never a good idea to use sex to validate yourself or fix an insecurity — as it rarely works."

She would reportedly leave her kids to "fend for themselves"

One source reportedly tells McGinniss: "I'd walk into that kitchen and Bristol and Willow would be sitting there with a burnt pot of Kraft mac and cheese on the stove ... and Sarah would be up in her bedroom with the door closed say-



"If you are asked about your sexual history, the best policy is to be truthful."

TANITH CAREY

ing she didn't want to be disturbed."

SAYS CAREY: "Of all the accusations, this is potentially the most damaging. It is at the serious end of spectrum of accusations that are levelled against mothers. As such, it's also most likely to cause the most long-term damage to the parent-child relationship because it implies neglect, which goes against all we expect from parents. In Palin's case, it would very much depend on how often this happened and how old her kids were at the time — and what the risks to them were. But we do live in a society where mothers are expected to wait on kids hand and foot from the tweens and beyond — and that is not good for their independence or self-esteem. Mothers also need to be able to acknowledge that they need down-time too." ● **SAM CASTONE**

Lemongrass cookies spice up kids' lunch boxes

GOURMET GARDEN/THE CANADIAN PRESS, HO



▶ Make 24 cookies with this recipe.

Add some flare to children's lunch boxes with these lemongrass and ginger spiced drop cookies.

Preparation:

1 Preheat oven to 180 C (350 F).

2 In a large bowl, mix together butter and sugar. Stir in egg, lemongrass and ginger until well combined. Add flour, baking soda and salt; mix until dough forms.

3 Scoop dough by teaspoonful and place on baking sheets lined with parchment paper. Bake for 7 to 8 minutes or until cookies are lightly golden.

4 Let cool and dust with powdered sugar.

Makes 24 cookies.

SOURCE: GOURMET GARDEN, GOURMETGARDEN.COM THE CANADIAN PRESS

Ingredients:

- 125 ml (1/2 cup) unsalted butter, room temperature
- 175 ml (3/4 cup) granulated sugar
- 1 large egg
- 10 ml (2 tsp) ground

- lemongrass
- 10 ml (2 tsp) ground ginger
- 325 ml (1 1/3 cup) all-purpose flour, sifted
- 2 ml (1/2 tsp) baking soda
- 1 ml (1/4 tsp) salt
- Icing sugar, for garnish

Easy, healthy pizza pockets

► Serve a snack kids love – but without all the fat and calories

This recipe is fast, easy, and it replicates a convenience food your kids will love, and that you can feel good about.

Preparation:

- 1 Heat oven to broil. In a small saute pan over medium heat, cook sausage until cooked through, using a wooden spoon or spatula to break it into crumbles as it cooks. Drain off any fat.
- 2 In a medium bowl, mix zucchini, mozzarella, marinara, basil and cooked sausage. Place flattened bread on a work surface. Spoon zucchini mixture evenly in middle of each piece of bread. Fold one corner of each slice to opposite corner and seal edges by pressing with a fork.



► You can hide the nutrition in these pizza pockets.

Trim off excess crust.

- 3 Place pockets on a baking sheet. Lightly spray both sides of each pocket with olive oil cooking

spray. Place on a rack 10 to 12 cm (4 to 5 inches) under broiler and broil until browned and crisp, 2 to 3 minutes. Flip each pocket and then brown

Ingredients:

- 1 link raw Italian turkey sausage, casing removed (about 125 g/4 oz)
- 1 small zucchini, coarsely shredded
- 60 g (2 oz) fresh mozzarella cheese, coarsely shredded
- 125 ml (1/2 cup) no-salt, no-sugar, fat-free marinara sauce
- 12 leaves fresh basil, torn into bite-size pieces
- 8 slices whole-wheat bread, flattened with a rolling pin
- Extra-virgin olive oil cooking spray

other side under broiler, 1 to 2 minutes more. Makes 4 servings (2 pockets per serving).

THE ASSOCIATED PRESS

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Leaving the leaves alone

► Find out why it's better to not get rid of your leaves by bagging them

BEN KNIGHT
GREEN@METRONEWS.CA

Welcome to autumn. The leaves are changing, and soon lawns and yards across Canada will be covered with an eye-catching tapestry of orange, red and yellow — that will have to be raked up.

Or will it? Leaves are organic. They degrade into rich, useful compost and fertilizer. What happens if we all just ... leave the leaves?

"The biggest problem is, if the leaves are big, say from a maple tree, they can suffocate the lawn," says garden expert Jeff Mason, a frequent contributor to Canadian Gardening

and other magazines. "Usually what we do with leaves like that is run the lawnmower over them, so they get all chopped up. And then they just stay on the lawn, or they can go into the garden."

No raking, no bags — and especially no hauling them off to the local landfill.

"Something in the neighbourhood of 40 per cent of the nutrients that a tree produces in a year are in those leaves that we rake up and throw away," says Mason. "If we just allowed the leaves to stay on the ground, or in the garden bed, this is what feeds and fertilizes trees in nature — their falling leaves."

If you happen to like



► Experts say that leaving your leaves on the lawn is actually good for the health of your grass and trees.

raking, you can also compost leaves by simply making a big pile of them at the back of your yard. They'll rot down over the winter, and be ready to nourish your grass, trees

and plants come spring. And they won't even smell bad!

"It's nothing more than the smell of walking through the woods, kicking up leaves," Mason

notes.

Compare that to the cost — in money, labour, time and gasoline — of municipal pick-up and composting programs. Your fall leaves are — with

In your city

What to do with your leaves

► **Leaves** If you must bag your leaves, the City of Ottawa says large loads of residential leaf and yard waste can be taken to the Trail Waste Facility free of charge. The city conducts yard waste collection twice in the fall — and twice every spring.

little or no effort — free fertilizer for your lawn and garden.

"There really isn't any downside to doing this. The alternative is to pay tree guys to come in ... When you get it explained, it's really silly that we do this — haul these leaves away, every year."

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Tuition keeping students stressed: Poll

► Survey shows 58 per cent of post-secondary students feel anxious or stressed when thinking about paying school fees

Greg Evans is no quitter. This fall marks the 26-year-old's second attempt to pay his way through university while balancing classes with work.

"Something in my life is going to suffer," said Evans. "My school work is definitely going to suffer, the quality of my life is going to suffer. The quality of my sleep and my health I'm sure are going to suffer."

It will be difficult for Evans, who grew up in the small community of Fonthill in Ontario's Niagara Region, to finance his education. But Evans would rather struggle for a couple of years than live the rest of his life from one paycheque to the next.

Evans first enrolled in classes at Toronto's Ryerson University in 2005 but dropped out after a year because he wasn't able to work enough hours to fund the venture.

Despite the fact that Evans' parents aren't able to cover his tuition, Evans says he doesn't qualify for a loan from the Ontario Student Assistance Program.

The public administration and governance major says that this time around, he's tackling school part-time so that he can put in as many hours at work as he needs. But he's still taking a student line of credit from the bank as a safety net.

"My money's OK," said Evans.

"But if I got sick for,



► Balancing school with a job can be a tough combination. But it's something that many students are forced to deal with.

Start on savings

► Scott Plaskett, a certified financial planner from Toronto, recommends automating the transaction so that a little bit of money from every paycheque goes into a savings account.

► "If you have to think about it, it's probably going to fall by the wayside," said Plaskett.

► "So automate your life, from a financial planning perspective, so that what you want to have happen, happens."

► He also suggests putting

let's say, a week or two, that would put a pretty

money into a Registered Education Savings Plan, which attracts extra cash from the federal government in the form of the Canada Education Savings Grant.

► Or, to maximize every dollar, consider putting money into a Registered Retirement Savings Plan, which can reduce the amount of income tax paid.

► Then put any tax refund into an RESP. By taking this kind of holistic approach, said Plaskett, parents can save for their children's education without sacrificing their retirement plans.

big dent in my savings. I can't really afford to get

sick if I'm going to school again. I have to have a backup of some sort."

Many students who started college or university this fall share Evans' worries.

According to a recent survey by TD Canada Trust, 45 per cent of parents who have kids eligible to start school this fall haven't started putting money away for post-secondary education. A third of them say they'll only be able to cover less than 10 per cent of the cost.

The online survey, conducted in June, polled a representative sample of 640 Canadian parents who have children under the age of 18.

Another TD survey suggests that more than half — 58 per cent — of post-

secondary students feel anxious or stressed when they think about how they're going to pay their way through school.

It's no surprise when you consider that, according to a 2010 Statistics

Canada report, average student debt on graduation is \$18,800. And TD pegs the total cost of school for students living away from home at a hefty \$80,000.

THE CANADIAN PRESS

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Maria Teresa Garcia

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MONDAY, SEPTEMBER 26, 2011

Taking women from 'content to complete'

► Cancer survivor doing her best to empower females

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



"I came to a fork in the road and chose the fearless route."

Michelle Peavy has overcome

many tough turning points in life to become an entrepreneur, speaker and singer, but her biggest challenge of all was conquering cancer.

Today, she's healthy and owns a corporate recruiting company with offices in Calgary, Houston and a third opening in Toronto.

As a singer, she has appeared on America's Got Talent, Jimmy Kimmel Live and is a longtime anthem singer for the NBA's Houston Rockets. Peavy will be launching her new CD in October.

"We have so much power and underestimate how much we can use. I want women to look deep within themselves and make a difference in their community."

The ALL Women Summit will be held in Toronto on Oct. 6.

Michelle will be among the inspiring women



► Michelle Peavy

there who will help you learn how you can live a life filled with intent, strength and action.

"It will be women mentoring women, offering tools and life strategies. I

want them to move from a place of content to complete."

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► Cardinals catcher Yadier Molina is congratulated after hitting a solo home run yesterday.

Cards draw within one of Braves

The St. Louis Cardinals pulled within one game of the Atlanta Braves in the NL wild-card race as Rafael Furcal hit a tiebreaking home run in the eighth inning yesterday in a 3-2 victory over the Chicago Cubs.

St. Louis trailed Atlanta by 10 ½ games on Aug. 26, but the Cardinals have won 15 of their last 20.

Trailing 2-1, St. Louis tied it in the seventh on Yadier Molina's 14th homer. The next inning, Furcal homered off Randy Wells.

Making what might have been his final home appearance for the Cardinals, Albert Pujols went 0 for 4 and stopped his streak of reaching base in 40 successive games.

THE ASSOCIATED PRESS

Remaining games

The Cardinals close the regular season with a three-game series at Houston (55-104), which has the worst record in the major leagues.

► Atlanta hosts Philadelphia, which has the best mark in the majors (99-60).

Rays keep focus on themselves as Sox slide

► No major league team has overcome a nine-game deficit in September to claim a post-season berth ► Series with Yankees next for Rays

REINHOLD MATAY/THE ASSOCIATED PRESS



► Tampa Bay Rays' Ben Zobrist is called safe as he dives into home plate after an inside-the-park home run during the first inning of yesterday's game.

The Tampa Bay Rays are focusing on their playoff push rather than the shocking slide of the Boston Red Sox.

B.J. Upton and Ben Zobrist homered in the first inning to back Wade Davis, and the Rays beat the Toronto Blue Jays 5-2 yesterday to pull within a half-game of the Red Sox for the AL wild-card lead.

"It's more about the ascension of the Rays right

5	2
RAYS	BLUE JAYS

now," Tampa Bay manager Joe Maddon said. "Obviously, they're struggling a bit, and that happens. But from our perspective, it's more important what we

do."

Evan Longoria and Kelly Shoppach also homered for the Rays, who have closed despite going just 14-10 in September.

"The more pressure you put on yourself, the tougher it is to play baseball, which is probably what the Red Sox are doing right now," Davis said.

Tampa Bay closes at home against the Yankees, while the Red Sox

Bautista hurt

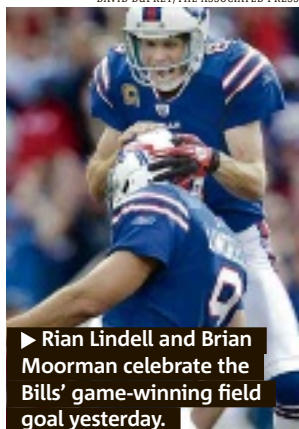
► Jose Bautista left after five innings with a bruise below his left knee after hurting it on Ben Zobrist's first-inning homer.

► He is not expected to play tonight, but hasn't ruled out returning before the regular season ends.

play at Baltimore.
THE ASSOCIATED PRESS

Patriots no longer Bills' bully

DAVID DUPREY/THE ASSOCIATED PRESS



► Rian Lindell and Brian Moorman celebrate the Bills' game-winning field goal yesterday.

Hold on to your seats, the Buffalo Bills are showing they're for real.

Rian Lindell hit a 28-yard field goal as time expired to cap a stunning comeback for a 34-31 victory over the New England Patriots yesterday. The win snapped Buffalo's 15-game losing streak against the Patriots that dated to 2003, and sparked a wild celebration in which stadium officials guarded the goal posts to ensure fans didn't bring them down.

The Bills (3-0) won courtesy of yet another Ryan Fitzpatrick-led rally, overcoming a 21-0 second-quarter deficit. It was reminiscent to what the Bills did last week when they came back from down 21-3 to beat Oakland 38-35.

Tom Brady threw for 386 yards and four scores for New England (2-1) and set a league record for most yards passing over a three-game stretch, but matched a career four interceptions.

THE ASSOCIATED PRESS

Around the NFL



In other action yesterday:

► The New York Giants (2-1) took advantage of the Philadelphia Eagles (1-2) with Michael Vick out of action again. Eli Manning threw four touchdown passes, and the Giants beat the Eagles 29-16. Vick, start-

ed after suffering a concussion in last week, left with a broken right hand in the fourth quarter.

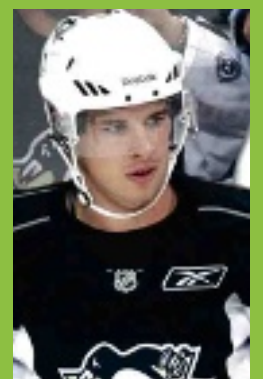
► Matthew Stafford threw for 378 yards and two TDs to rally the Lions (3-0) from a 20-0 deficit before Jason Hanson kicked a 32-yard field goal in overtime as the Detroit beat the Minnesota Vikings (0-3) 26-23.

► Cam Newton didn't pass for a ton of yards, he simply found Greg Olsen over the middle for a 16-yard TD with 4:20 left to lift Carolina (1-2) to a 16-10 win over the Jacksonville (1-2).

4

sports

Quoted



"Everything's been really good. I haven't ran into any issues so far so it's been pretty smooth."

PITTSBURGH PENGUINS STAR SIDNEY CROSBY AFTER PARTICIPATING IN A CONTROLLED SCRIMMAGE YESTERDAY AS HE CONTINUES HIS COMEBACK FROM CONCUSSION-LIKE SYMPTOMS THAT HAVE KEPT HIM OFF THE ICE SINCE JANUARY. CROSBY TOOK FACE-OFFS AND WORKED ON SET PLAYS WITH TEAMMATES IN HIS FIRST FIVE-ON-FIVE ACTION SINCE TRAINING CAMP OPENED LAST WEEKEND, BUT STILL HASN'T BEEN CLEARED FOR CONTACT.



Scan code for more sports.

Crossword

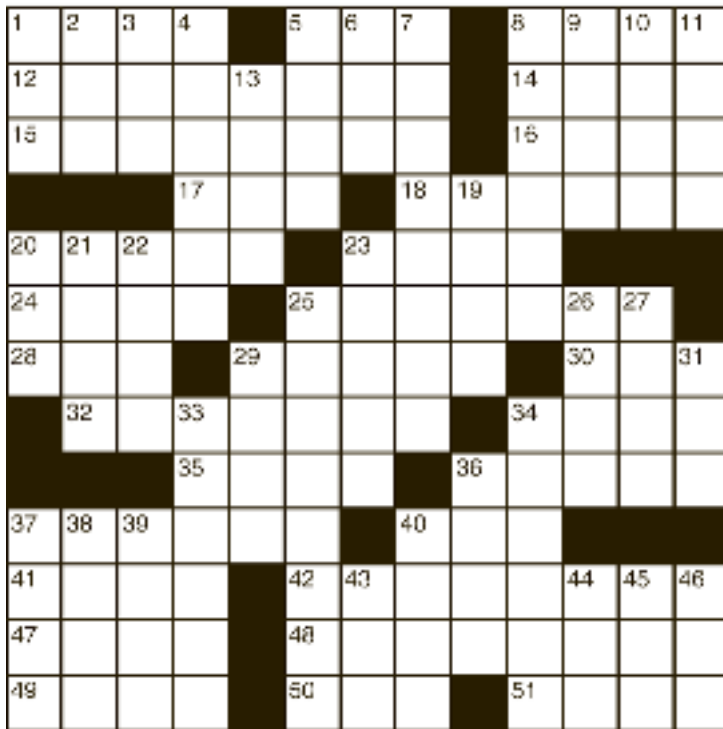
Across

1 Small salamanders
5 Handgun, slangily
8 Story
12 Pirate's chestful
14 Fine
15 Crime that's gone unsolved
16 Blind trio of rhyme
17 Comic DeLuise
18 "I'm grateful"
20 Refine metal
23 Versifier
24 Walk the floor
25 Snazzy race cars
28 Fire residue
29 Fragrant wood
30 Knock
32 Microsoft communications method
34 Leaf-gathering tool
35 Carbonated drink
36 Tier
37 Primary ore of lead
40 LummoX
41 Touch

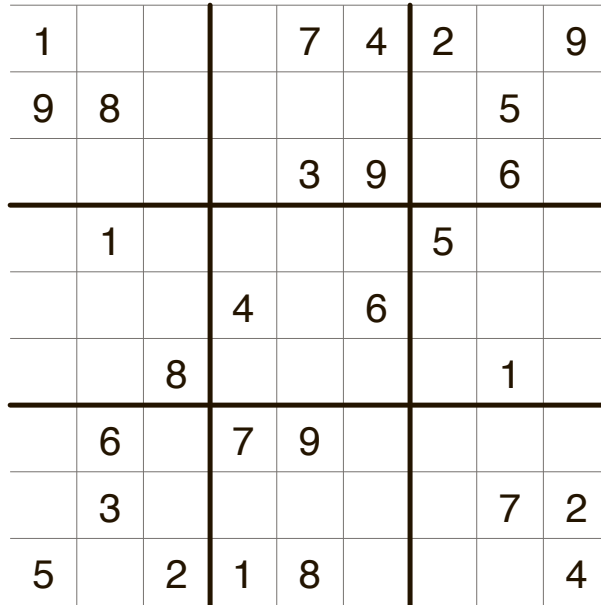
7 Don't drink
8 BLT part
9 Related (to)
10 Don't have
11 Sight organs
13 Highlander
19 Mister, in Munich
20 Health resort
21 Korean War sitcom
22 Reverberate
23 LECTERNS
25 Migraine, for one
26 Low cart
27 Benefit
29 "Aww, please?"
31 Apiece

33 Dangerous fly
34 Palm fiber used as cord
36 Young fellows
37 Strong wind
38 Not up and about yet
39 Breather?
40 Earthen pot
43 "— the ramparts ..."
44 Conclusion
45 — out a living
46 Can metal

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	4	5	9	1	6	8	7	3
6	3	7	2	4	8	1	9	5
8	1	9	7	5	3	4	6	2
9	5	3	4	2	1	7	8	6
4	8	6	3	7	5	9	2	1
7	2	1	6	8	9	5	3	4
3	6	4	5	9	7	2	1	8
1	9	2	8	3	4	6	5	7
5	7	8	1	6	2	3	4	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Henry H - You dont understand how happy you make me. I love you so much and I am so happy that I was the one you chose. We have been through somethings and are still growing and making this a stronger relationship. Or friendship turned into love and now everyday I cant stop thinking about you. We are almost at a year and I know our relationship will last longer than that. :) <3 I LOVE YOU. 03-29-11 <3
FROM SUMMER C

Cho cho you're sleeping right now:) you look so cute as always <3 i was playing sudoku and i seen this kiss thing where anyone can post what they want to their friends or love ones. I find it cute so i just want to tell you that i love you and that you're the one i want to marry! You're my first and my last. 080808<3
FROM BABYCHO:)

Today's horoscope

♈ Aries March 21-April 20 Don't look at challenges as things to be avoided but as things to be used for your benefit.

♉ Taurus April 21-May 21 Try to be enthusiastic about what you are being asked to do.

♊ Gemini May 22-June 21 What comes your way today will be pleasant, and what comes your way tomorrow will be out of this world.

♋ Cancer June 22-July 22 YMake an effort to patch up any minor disputes you may be having

with partners and loved ones.

♌ Leo July 23-Aug. 23 You will be made the proverbial offer you cannot refuse either today and, yes, it's a pretty good deal.

♍ Virgo Aug. 24- Sept. 22 Stop worrying and start working.

♎ Libra Sept. 23-Oct. 23 Don't judge yourself by other people's standards because the simple fact is their standards are way below what yours should be

♏ Scorpio Oct. 24-Nov. 22 Follow your passion wherever it may lead you.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

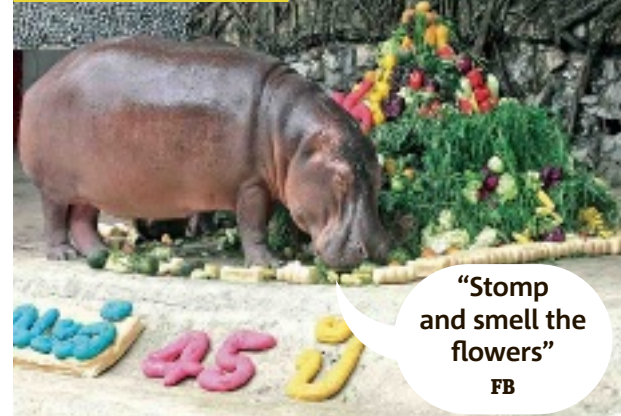
♑ Capricorn Dec. 22-Jan. 20 Some kind of breakthrough is imminent, so stop fretting that you have not done enough because there is still plenty of time.

♒ Aquarius Jan. 21-Feb. 18 There is no such thing as luck: you get what you deserve in life, nothing less and nothing more.

♓ Pisces Feb. 19-March 20. Think in terms of abundance, not in terms of lack. Your mind creates your world.

● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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08 Lincoln Mark LT

• 4x4, Loaded, Roof, Lthr, Auto
• st: 32051
• km: 62079

\$31,870
\$279*** Bi-weekly



08 Mazda CX-9

• AWD, Loaded, A/C, Lthr, Auto
• st: 32182
• km: 48564

\$25,950
\$163*** Bi-weekly



08 Benz B200

• Loaded, A/C, Auto
• st: 32353
• km: 66500

\$17,880
\$163*** Bi-weekly



11 Mazda2

• Loaded, A/C, Auto, Brand New
• st: 32649
• km: 30

\$16,950
\$137*** Bi-weekly



07 Kia Spectra LX

• Loaded, A/C, Auto
• st: 32399
• km: 63321

\$8,360
\$76*** Bi-weekly



09 Nissan Versa

• Loaded, A/C, Auto
• st: 32444
• km: 73757

\$10,950
\$89*** Bi-weekly



11 Volvo C70

• Hardtop Convert, Loaded, Lthr, Auto
• st: 32285
• km: 19652

\$39,930
\$309*** Bi-weekly



10 Cadillac CTS

• Loaded, A/C, Roof, Lthr, Auto
• st: 32886
• km: 19156

\$30,870
\$239*** Bi-weekly



09 Toyota Venza

• AWD, Loaded, A/C, Auto
• st: 31787
• km: 22487

\$26,850
\$208*** Bi-weekly



11 Mazda3 GX

• Loaded, A/C, Auto
• st: 32871
• km: 28520

\$15,950
\$129*** Bi-weekly



07 Toyota Yaris

• Std
• st: 31964
• km: 57163

\$7,960
\$73*** Bi-weekly



10 Kia Soul

• Loaded, A/C, Roof, Auto
• st: 32895
• km: 53986

\$16,650
\$134*** Bi-weekly



08 Lexus IS 250

• Loaded, A/C, Auto
• st: 32790
• km: 55516

\$21,850
\$191*** Bi-weekly



07 LandRover LR3

• AWD, Loaded, Roof, Lthr, Auto
• st: 32639
• km: 81882

\$22,650
\$198*** Bi-weekly



07 Mazda CX-7

• AWD, Loaded, A/C, Auto
• st: 32850
• km: 76842

\$16,950
\$154*** Bi-weekly



09 Kia Rio

• Loaded, A/C, Auto
• st: 32437
• km: 63588

\$9,820
\$79*** Bi-weekly



07 Hyundai Accent

• Loaded, A/C, Auto
• st: 32548
• km: 99490

\$6,940
\$63*** Bi-weekly



07 Honda Civic

• Loaded, A/C, Auto
• st: 31516
• km: 83751

\$11,650
\$106*** Bi-weekly



08 Benz C300

• Loaded, A/C, Roof, Lthr
• st: 32357
• km: 40721

\$28,650
\$251*** Bi-weekly



07 Cadillac STS

• AWD, Loaded, Roof, Lthr, Auto
• st: 29658
• km: 79888

\$19,850
\$181*** Bi-weekly



08 BMW 128i

• Loaded, A/C, Roof, Lthr, Auto
• st: 32788
• km: 39146

\$24,970
\$219*** Bi-weekly



11 Suzuki Swift

• Loaded, A/C, Auto
• st: 32804
• km: 24243

\$11,960
\$97*** Bi-weekly



07 Hyundai Elantra

• Auto
• st: 31589
• km: 96648

\$7,950
\$72*** Bi-weekly



08 Mini Cooper

• Loaded, A/C, Lthr, Auto
• st: 32001
• km: 71698

\$15,870
\$154*** Bi-weekly



UNBEATABLE OFFERS ON ALL MAKES & MODELS

07 VOLVO V50

LOADED, A/C, ROOF, AUTO • 77781km
st:32538 • **\$16,750** • bw:\$153**

07 IMPREZA AWD

LOADED, A/C • 96310km
st:31392 • **\$12,870** • bw:\$117**

11 FRONTIER 4X4

LOADED, A/C, AUTO • 17768km
st:32724 • **\$29,980** • bw:\$232***

08 ACCORD EX

LOADED, A/C, ROOF • 98887km
st:32255 • **\$15,870** • bw:\$145**

09 SANTA FE

LOADED, A/C, AUTO • 47104km
st:32070 • **\$17,850** • bw:\$144***

08 FORD RANGER SPORT

AUTO • km:58194
st:32037 • **\$12,470** • bw:\$114**

11 SONATA

LOADED, A/C, AUTO • 53238km
st:32764 • **\$17,950** • bw:\$145***

10 SUZUKI SX4

LOADED, A/C, AUTO • 60092km
st:32707 • **\$10,970** • bw:\$89***

07 UPLANDER

LOADED, A/C • 90676km
st:32810 • **\$8,850** • bw:\$81**

10 GR.CARAVAN SE

STOW N GO, LOADED, A/C • 62166km
st:32867 • **\$15,950** • bw:\$129***

07 FUSION SE

LOADED, A/C • 79652km
st:32716 • **\$10,670** • bw:\$97**

09 PATRIOT 4WD

LOADED, A/C, AUTO • 98961km
st:32703 • **\$13,650** • bw:\$110***

10 COROLLA CE

LOADED, A/C, AUTO • 65154km
st:32303 • **\$14,450** • bw:\$117***

07 VOLVO XC70 AWD

LOADED, A/C, LTHR, AUTO • 112608km
st:32911 • **\$16,980** • bw:\$155**

10 LANCER

LOADED, A/C, AUTO • 63749km
st:32806 • **\$14,850** • bw:\$120***

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • **\$16,840** • bw:\$153**

07 RABBIT

LOADED, A/C • 71325km
st:32523 • **\$11,950** • bw:\$109**

11 ESCAPE XLT AWD

LOADED, A/C, AUTO • 28327km
st:32782 • **\$22,950** • bw:\$178***

07 MATRIX

LOADED, A/C • 64073km
st:32576 • **\$10,980** • bw:\$100**

10 SENTRA XTRONIC CVT

LOADED, A/C, AUTO • 52499km
st:32876 • **\$12,450** • bw:\$101***

09 PT-CRUISER

LOADED, A/C, AUTO • 61199km
st:32428 • **\$8,950** • bw:\$72***

07 MAGNUM

LOADED, A/C, AUTO • 81230km
st:32536 • **\$10,950** • bw:\$100**

10 ALTIMA 2.5S

LOADED, A/C, AUTO • 75294km
st:32443 • **\$14,950** • bw:\$121***

08 GOLF CITY

LOADED, A/C • 53893km
st:32500 • **\$12,970** • bw:\$118**

07 MURANO SL AWD

LOADED, A/C, AUTO • 94659km
st:32666 • **\$16,340** • bw:\$149**

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